Breast Cancer Awareness Month

October

2005

Breast Cancer Myths

- *I'm only 35. Breast cancer happens only in older women.*
  - **All women are at risk for getting breast cancer, your risk increases with age**
- *Women with a family history of breast cancer are the only ones who typically get breast cancer.*
  - **Actually, most women who get breast cancer have no family history of the disease.**

Facts about Breast Cancer

- It’s the most common cancer in women
- 211,240 new cases of breast cancer are estimated for 2005 in the US
- It’s the second leading cause of cancer death after lung cancer
- An estimated 40,410 women are expected to die from breast cancer this year alone

Who’s at Risk?

- Risk for developing breast cancer is individual
- Depends on a combination of lifestyle and personal traits

Risk Factors

- Getting older
- Personal history of breast or ovarian cancer
- Having a mother, daughter or sister who has had breast cancer
- Having a previous biopsy showing hyperplasia or carcinoma in situ
- <12 years old at the time of your first period
- Starting menopause after age 55
- Having inherited the breast cancer gene
- Having more than 1 alcoholic drink a day
- Never having children
- Having first child after age 30
- Being exposed to large amounts of radiation

Breast Cancer Screening

- The goal of breast cancer screening is to find the cancer before it starts to cause symptoms
- Three tests commonly used to screen for breast cancer:
  - Breast self-exam (BSE)
  - Clinical breast exam (CBE)
  - Mammogram

American Cancer Society Recommendations for Early Breast Cancer Detection

- BSE is recommended for women starting in their 20’s
- Women in their 20’s-30’s should have a CBE done at least every 3 years as part of a periodic exam
- Women age 40 and older should have a screening mammogram

Breast Self-exam

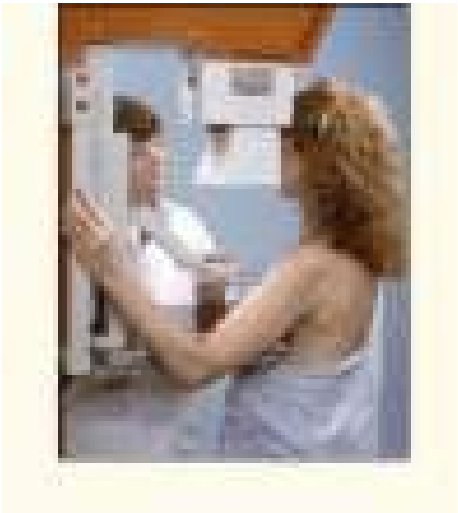
- The goal of regular BSE is to become familiar with the normal feel of your breasts so that you can more readily detect early changes
- Can be done by yourself or by your partner
- It is important to report any bre changes to your PCM right away

Clinical Breast Exam

- A CBE may resemble a SBE
- A trained healthcare professional can often detect a breast abnormality before a woman feels something irregular through a BSE

Mammograms

- Mammography is the single most effective method to detect breast changes that may be cancerous, long before physical symptoms can be seen or felt



Concerning Problems

- Lumps, hard knots or thickening in any part of the breast
- Unusual swelling, warmth, redness or darkening that does not go away
- Change in the size or shape of your breast
- Dimpling or puckering of the skin o your breast

Concerning Problems (cont)

- An itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast
- Nipple discharge that starts suddenly
- Pain in one spot that does not vary with your monthly cycle

If you notice any of the above problems, you need to contact your PCM or the GYN clinic for an appointment for evaluation

Breast Cancer & Men

- It is possible for men to develop breast cancer
- It is estimated that about 1,450 new cases of breast cancer are diagnosed in men each year
- Approximately 470 men die from breast cancer annually
- Male breast cancer accounts for 1% of all breast cancer cases

Breast Cancer & Men (cont)

- Symptoms for breast cancer is the same as women (if symptoms are present contact your PCM)
- Because men have less breast tissue than women, it is easier to detect breast lumps
- Men often ignore the early signs of breast cancer, attributing the symptoms to infection or another

Risk Factors for Men

- Advancing age (diagnosed between ages 60-70)
- Family history (close female relative)
- Radiation exposure
- Liver disease
- Treatment with estrogen for prostate cancer

Final Thoughts

- Many breast lumps found by BSE, CBE and mammography turn out not to be cancer
- Being a woman and getting older puts you at risk for Breast Cancer
- Finding cancer early can save your life

For More Information

- During the month of October, information on Breast Cancer Prevention will be available in front of the BX on Tuesdays and Thursdays between 1130-1300
- A free lunch with information about Breast Cancer Awareness will be held on 31 Oct 05 starting at 1130 at the Mountain View Club. RSVP at 856-3415.

Early Detection is the Best Protection